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KANSAS STATE UNIVERSITY: A Waf-Fill's filling adds gourmet twist to quick  
breakfasts

M2 Presswire, pN/A

July 2, 1997

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TEXT:

M2 PRESSWIRE-2 July 1997-KANSAS STATE UNIVERSITY: A Waf-Fill's filling adds gourmet twist to quick breakfasts (C)1994-97 M2 COMMUNICATIONS LTD

RDATE:020797

breakfast on the run? A Waf-Fill may be your next alternative for a grab-and-go morning meal.

A team of six Kansas State University students created the Waf-Fill, a new product they describe as a gourmet Belgian **waffle** stick with tunnels of strawberry **filling**. The breakfast item is a frozen product that is microwavable and low in fat.

The students took Waf-Fills from a simple idea to an edible product, complete with packaging, and submitted it to a national food competition.

K-State was among the top six teams selected to present their products to a panel of three judges from industry at the Institute of Food Technologists Student Association product development competition at the association's annual meeting in Orlando, Fla., June 15-16.

The K-State team won third place. K-State also placed third in last year's competition, making the K-State team the only one in the nation to finish in the top three both this year and last year.

Any Kansas company that wants to commercialize on the Waf-Fills product is free to do so. Inquiries from national food companies have already started to come in, said Fadi Aramouni, associate professor of foods and nutrition and team adviser.

The students thought the Waf-Fills would fit current consumer demands for foods. They said as busy lifestyles of consumers continue consumers are also expressing a desire for gourmet and ethnic foods.

They said the Waf-Fill will satisfy today's consumers by providing "better-for-you" quality, sensory fulfillment, natural freshness, convenience and indulgence.

Although the end result was a success, rolling all of those qualities into one was a long eight-month process with 3 a.m. nights.

"The filling was the biggest challenge," said Hossein Mansoubi, graduate in food science from Manhattan. "It would migrate into the waffle itself, and we had to find a way to create a barrier between the **filling** and the **waffle**."

The students solved this problem, after much experimentation, by placing the filling in a strawberry fruit roll and freezing it before baking it into the waffle.

"Product development is not cooking -- it's a science," Aramouni said. "The students used eggs in the waffles so they had to use microbiology to test for salmonella. They had to find ways to make the waffle moist on the inside and crisp on the outside. And they also had to find out how much force it takes to bite into the waffle. To make a successful food product students need to mesh together knowledge from various disciplines."

In addition, the students did abuse testing where they put the product through extreme temperature treatments.

"This was done to imitate what the consumer might do to the product," Aramouni said. "It was put in an incubator at 38 degrees Celsius and then put in a freezer at minus 18 degrees Celsius. This was repeated four times,

and then they analyzed the texture, color, filling and taste."

After a suitable product was developed, students did consumer testing on prototypes of the product, which indicated high levels of acceptance.

Aramouni said that commercial possibilities for the products are high and need not stop at strawberry Waf-Fills. He said there were requests by the consumers they tested for cherry, blueberry, strawberry and cream waffles, ones with syrup **filling**, and ones with exotic fruit fillings like kiwi, mango and passion fruit.

Team members included: From Manhattan: Latit Bohra, graduate in food science; Stefan Bucher, graduate in grain science; Pam Hernandez-Pabon, graduate in grain science; Khaled Khatib, graduate in food science; and Mansoura, graduate in food science.

From out of state: Cherry Frey, graduate in foods and nutrition from Houston, Texas.

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2/9/97 (Item 3 from file: 636)  
DIALOG(

overall quantity in the recipe. Final boiling down of the mixture is to a preferred moisture content of 14-15 . (W&Co)

DESCRIPTORS: Boiling-- Boiling of fruit **filling** for  
**waffles** ; fruit-- Boiling of fruit **filling** for  
**waffles** ; **filling**-- Boiling of fruit **filling** for  
**waffles** ; **waffles**-- Boiling of fruit **filling** for  
**waffles**

SECTION HEADINGS: Fruits, vegetables & nuts (SQ=fj)

2/9/17 (Item 1 from file: 52)  
DIALOG(R)File 53:FOODLINE(R): Food Science & Technology  
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00910885 FOODLINE ACCESSION NUMBER: 590529  
Baking assembly for preparing a filled waffle.  
Gambino C; King M; Bauman M J  
PATENT ASSIGNEE: Kellogg Co  
PATENT: US 6412409 B

NOTE: Date of publication: 2.7.2002

X-REFERENCE: BAKERY PRODUCTS

LANGUAGE: English

DOCUMENT TYPE: Patent

FOODLINE UPDATE CODE: 2302082

ABSTRACT: An improved baking assembly is described for baking **waffles** with **fillings** on an industrial scale. The invention efficiently keeps the **waffle's filling** inside and prevents it from spilling when the waffles are baked, transported, and stored. The invention minimizes undesirable sticking of subsequent waffles to avoid accumulation of damaged and wasted products. It also minimizes costs related to cleaning up spilled and sticky waffle components adhering to the surface of the baking assembly. The invention prevents accumulation of spilled filling on the baking surface that causes burnt and black materials to build up and consequently stick to waffles subsequently baked. Discoloration of waffles subsequently baked is also minimized. The system can be relied upon to produce consistent and quality-baked filled waffles.

SECTION HEADING: CEREAL PRODUCTS

DESCRIPTORS: BAKED FOODS; BAKED SNACKS; BAKERY EQUIPMENT; BAKERY PRODUCTS; BAKERY SYSTEMS; BAKING; CAKES; CONVENIENCE FOODS; COOKED FOODS; DOUGH PRODUCTS; EQUIPMENT; FILLED BAKERY PRODUCTS; FILLED CAKES; FILLED DOUGH PRODUCTS; FILLED FOODS; FILLED SNACKS; FILLED WAFFLES; PATENT; PREPARED FOODS; SNACK FOODS; US PATENT; WAFFLES

2/9/17 (Item 2 from file: 52)  
DIALOG(R)File 53:FOODLINE(R): Food Science & Technology  
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00048808 FOODLINE ACCESSION NUMBER: 474444  
Bakery and other grain-based products.  
Alexander R J  
Sweeteners: nutritive. 45-61 (3 ref.)  
Alexander R J  
PUBLISHER: Eagan Press, St. Paul  
1988  
ISBN NO: 0-913250-95-1  
CLASSIFICATION: 547.45

# HERO WAFFLES, THEN WHIPS UP FEAST

Arizona Republic/Phoenix Gazette (AZ) - WEDNESDAY, July 13, 1994

By: Linda Helser, Staff writer

Edition: Final Section: Food Page: FD3

Word Count: 547

## MEMO:

MEMO: Photo reprints available. Please call 602-271-8298 for cost information.

## TEXT:

Diane Oatman has the profile of a culinary underachiever. Young, single and freshly graduated from college, she recently secured her first full-time job. She works days, her significant other works nights, and she often has little time to shop and cook for just one.

But chef Eddie Matney, like an Indiana Jones on expedition inside Diane's freezer, was not daunted.

I'll use waffles for an appetizer," he cried triumphantly. "And I've already got an idea for dessert."

Actually, Diane, who lives in a Tempe apartment, loves to cook and enjoys eating, so her larder wasn't as barren as might be expected: Although she hadn't been to the grocery store in a week, she still had stockpiled the basics for a four-course meal.

Matney started with a "Monte Cristo Wafflich appetizer." He chopped green peppers, onions and garlic and sauteed them in olive oil, adding Worcestershire sauce, stewed tomatoes, chopped ham and turkey, along with oregano, thyme, basil and chile chutney. After spreading cream cheese on one side of a frozen waffle and lightly warming it in a pan, he spooned on the sauteed **filling** and topped it with another **waffle**, making a sandwich. After browning both sides, he quartered the "wafflich" and served it with a sauce of hot dog-style mustard and tarragon.

For a salad, Matney picked tomatoes and fresh basil from plants growing on Diane's balcony and arranged them with sliced green peppers, crunched canned french-fried onions and red-chile salsa, all of which was topped with a tarragon vinaigrette. The results were almost too beautiful to eat.

Then it was on to the main course, for which Matney very nearly cleaned out Diane's refrigerator. Sauteed onions, green pepper and garlic joined leftover whole-kernel corn, fresh broccoli, crushed red pepper, sesame oil, soy sauce, chili, Worcestershire sauce, ginger and chicken stock. Judging, perhaps, that his concoction might be too highly spiced, Matney tossed in some crushed pineapple.

"That should cool it down," he said.

Further foraging produced a jar of dry roasted peanuts, and Matney couldn't resist adding a handful. Then he added undercooked rotini pasta and continued to simmer.

"But I need just one more thing," he lamented, examining his main-course creation. "Oh, I've got it!"

He thinly sliced fresh lemon and used it to garnish the top of what he dubbed a sesame Italian stir-fry.

Now, dessert. A leftover loaf of banana bread had caught the chef's eye earlier, but now he seemed baffled.

St. Petersburg Times (PE) - THURSDAY May 13, 1999  
By: Times wires  
Edition: 0 SOUTH PINELLAS Section: FOOD Page: 6D  
Word Count: 283

MEMO:

SERIES: TASTE; TIDBITS OF NEWS

TYPE: DIGEST

OCUMENT:

134007

TEXT:

(ran NP, SP editions)

VERY FINE WINE: Cabernet Sauvignon, a top choice for many discerning drinkers, may also be one of the best varieties of wine for a healthy heart. Jean-Paul Broustet of Haut Leveque Hospital in Pessac, southern France, said Cabernet Sauvignon grapes have high levels of resveratrol, an ingredient that increases good cholesterol and limits the production of artery-blocking bad cholesterol. "'The highest concentrations of resveratrol are found in red wines, particularly in Cabernet Sauvignon grapes of Bordeaux,'" he said in an editorial in Heart, a British medical journal.

HAVE YOUR CAKE AND EAT IT INSTANTLY: Saying that consumer surveys show that no-fat, low-calorie foods are out and indulgence is in, Sara Lee has come out with a new full-sized New York Style Cheesecake as well as individually portioned Cheesecake Bites and Singles, and, in response to another consumer desire for convenience, Sara Lee's no-thaw technology means that the cheesecakes can be eaten right out of the freezer without having to be thawed.

RECIPE FOR CONTROVERSY: In Britain, health is high on the public agenda. Quizzed on calls for a five-year ban on the commercial release of genetically modified crops to allow more research on their environmental impact, a government minister said it was impossible to say if such foods were totally safe. Jack Cunningham said that, since 1997, the British government has not authorized the sale of one new genetically modified food product or granted a license for commercial use of such crops.

IN THE FAST-FOOD WARS: McDonald's is testing a hamburger similar to Burger King's Whopper, and **waffle** sticks with **fillings** baked inside.

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"I know! I know!" he said, cutting off four slices. Coating two slices with peanut butter, he made sandwiches using hunks of fresh banana as filling.

After quartering each sandwich diagonally and nestling them together on a plate, he blended maple syrup and dry cocoa powder and heated it to a warm goeey glow. This Matney drizzled over the bread quarters, dropping a handful of cornflakes on top.

Red-hot candies, sparingly sprinkled on the plate, added the final pizazz.

"This is going on my menu," stated Matney. "Except I'll use raspberries instead of red-hots."

CAPTION:

Diane Oatman samples chef Eddie's "sesame Italian stir-fry," thrown together with ingredients gathered on a foraging expedition that nearly cleaned out her refrigerator.

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DESCRIPTORS: FOOD

3/9/10 (Item 8 from file: 492)  
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